# DISCUSSION ON MANUAL TRAINING.

Educational Work Leading to the Various Arts and Crafts Handled Intelligently.

#### MRS. DALINDA COTEY'S PAPER.

Professor From Agricultural College Gives Views on What Can be Accomplished in This Direction.

The following on "Manual Training in its Relation to Domestic Science and Art" read before the arts and crafts section of the Utah Tteachers' association by Miss Dalinda Cotey, professor of domestic science and art, Agricultural college, Logan, will undoubtedly be read with interest by all who are concerned in the training of the young:

If manual training is to be discussed before an assembly of educators it can not mean merely manual labor as the term is commonly used, but must refer to the educational work leading to the various arts and crafts. In taking up a discussion of manual training in any line, the following questions are naturally asked:

What was its origin?
Why has it introduced into the educational system of the country?
What benefits are to be derived from

The manual training schools of Amer-The manual training schools of America seem to be a combination of the old apprentice system, the trade schools of Germany, the sloyd schools of Sweden and some technical schools. The first one to be established in this country was the one that was opened to the public in St. Louis in 1880.

The establishment of such schools seems to have been in accord with the belief of the public that the youth should be kept in touch with the prac-tical industries of everyday life and that they should receive training of the hand during their school days as

well as training of the brain.

These schools aim to bring together in an educational way the shop and m an educational way the shop and the school in order that each may mu-tually benefit the other; the shop to receive more systematic training based upon scientific principles, and the school to be given an opportunity to il-lustrate its theories and practically ap-nivits principles. ply its principles,

NEED FOR MANUAL TRAINING. That the need for manual training schobs is greater now than it was in the earlier development of the country is apparent when we consider that in ploneer days all the wants of the daily life were supplied in the home, and the young people aided in the raising or making of all that was required. There was no need then for special instruction to kep them in touch with the practical part of daily living.

tion to kep them in touch with the practical part of daily living.

With changing social conditions nearly all of these processes are removed to the factories and the young people grow up almost entirely ignorant of the practical arts. They see all craftsmanship in the hands of paid laborers, and as a consequence they loose their respect for labor and that creative in respect for labor and that creative in-stinct inherent in all young people re-mains undeveloped.

A distinction should be made between manual training schools as they are, now established and technical institutions or trade schools. The manual training school lays the foundation of cleatific principles and theories and scientific principles and theories and applies them in practical training, keep-ing in view the educational value and the development of the pupil. When this training reaches a point where the hand training reaches a point where the hand work is performed automatically and no longer requires the best thought of the pupil it has ceased to be educational in the true meaning of the word and passes into the province of the trade schools. In these and the technical institutes, the mechanical skill developed is the chief object that is sought, while in the true manual training school the development of the individual is the all-important end.

As all schools are for the education of the young, the right and propriety

As all schools are for the education of the young, the right and propriety of introducing manual training into the public school system of the country must depend upon its educational value. That it has great utilitarian value if properly taught none will question, but is it educational in the true sense of the word? In what way do these exercises in tempthe matrial do these exercises in tangible material substances as woods, metals, foods and fabrics, aid in the development of brain, of character and of habits that tend to broader lives and to better cit-

SOME OF THE GOOD RESULTS

Some of the good results of manual training may be enumerated.

It developes habits of accuracy, definiteness, and exactness—the very foundations of truthfulness and reliability. e necessity of exact measurements plans and careful "working to the "is made more apparent by a man-training exercise than by almost form of lessons and the constant

effort to secure accuracy and exactness must tend to make them an integral part of the character.

Manual training develops the observant powers and aids in developing the power of concentrating attention; it develops judgment of size, form and of the relationship of parts to the whole. Will this not aid in judging correctly of less material things? of less material things?

Manual training develops self reli-nce and an ability to overcome diffiolties; teaches patience and persever-oce; teaches the necessity of neatness of conscientious attention to de-

raining in the principles of crafts-Training in the principles of craits-matship breaks down class distinctions, increases respect for honest labor, pre-serves that desire to be useful that is inherent in humanity, and helps young people to place a correct esti-mate upon their own abilities. That manual training has utilitarian

That manual training has utilitarian value cannot be questioned. It increases the productive power of the in-

cases the productive power of the invidual and adds to the material
cealth of the world.

All of the thoughts so far presented
re applicable to all forms of manual
calculating and not alone to work in wood
and iron as a commonly understood. l iron, as is commonly understood-en that kind of training is men-

FOR BOYS AND GIRLS.

Such training schools when first es-

### MILLIONAIRE'S POOR STOMACH.

The worn-out stomach of the over-fed millionaire is often paraded in the public prints as a horrible example of the evils attendant on the possession of great wealth. But millionaires are not the only ones who are afflicted with bad stomachs. The proportion is far greater among the toilers. Dyspepsia and indigestion are rampant among these people, and they suffer far worse tortures than the millionaire unless they avail themselves of a standard medicine like Green's August Flower, which has been a favorite household remedy for all stomach troubles for over thirty-five years. August Flower rouses the torpia liver, thus creating appetite and insuring perfect digestion. It tones and vitalizes the entire system and makes life worth fiving, no matter what your station. Trial bottles, 25c; regular size, 75c, at all druggists.

G. G. GREEN, Woodbury, N. J.

## Fifty Years the Standard



Improves the flavor and adds to the healthfulness of the food.

PRICE BAKING POWDER CO., CHICAGO.

tablished were for boys only, but the injustice of this was soon feit. The statute laws had not said that boys only were to receive the benefits of manual training, and if it was educatively. tional and if its practical value lessened the hardships of life and made the struggle for existence easier, why ex-clude the girls from its benefits? So work in textiles was provided as being the training in manual dexterity best suited to the needs of the girl, and carefully graded courses in domestic arts were arranged. While skill in the use of the needle is being acquired, the fabric itself it studied, what it is made from what is the process by made from, what is the process by which it is made, how colored, to what uses it is best adapted and what is its

economic value.

That this training now becomes a necessary part of school education is evident from the fact that it can not be learned in the home as formerly, and surely the individual who purchases the fabrics for the use of the family and in the home should have the judgment of their economic value alded in every way. There was no need to teach the girl about the wearing qualities of a fabric or whether the color was durable when she had carded the wool, dyed it, spun the threads and watched the web grow under her own hand.

Following the needle work come regular courses in garment making, in dress

Following the needle work come regular courses in garment making, in dress making, in art needlework and in millinery. That manual training in domestic art meets a need felt by the people is evidenced by the demand for such courses wherever they are offered. The crowded condition of sewing rooms in schools where such work is given, testify to the belief of the public in its utility value at least. But if this is its only value and it is not educational, it has no place in the true manual training school and must be relegated to the trades schools. Is it educational? Does it train the brain through the hand? Does it develop traits of character that will make the girl a better woman and thereby a more useful citiwoman and thereby a more useful citi-zen? We believe that it does and that the advantages already enumerated as resulting from manual training are fully applicable to the work in domestic art. Work in textiles teaches accuracy and exactness, and the careless measures show quickly when the parts of the garment are put together. When a portion of the material is wasted, the lesson is well taken to heart. Does not training in needlework develop hab-its of neatness and of conscientious attention to detail? How readily the make-shift to save time shows in the finished piece. Does not this training develop self reliance, perseverance and that all important characteristic of

woman-patience? DEVELOPS JUDGMENT.

Training in the art of dressmaking develops judgment of size, of form and of proportion. The hygiene of dress is also taught and may we not hope at a result that the coming woman will be less a slave to fashion and will choose her costumes in harmony with the laws of health as well as the laws of beauty instead of choosing a costument of the laws of beauty with the laws of beauty instead of choosing a costument of the laws of beauty with the laws of beauty instead of choosing a costument of the laws of the law tume in accord with the latest dictates of fashion?

of fashion?

Instruction in millinery trains the artistic sense, teaches a firm delicate touch, and perhaps most important of all teaches decision of character. The successful milliner must have the finished reading to her middle. ished product clearly in her mind be-fore commencing and then work straight toward that ideal, as her delicate materials will not bear rearrang

raining in needlework and garment making preserves in the young girl that taste for work and that creative instinct that is nature's gift to all her children. Such training and practise also awakens the girl's interest and quickens her sympathies for her less fortunate sister who spends all her hours with her needle in an effort to keep grim want from her path. Who will say that the girl's life is not broadened and made better by her manual training in Domestic Art?

DOMESTIC SCIENCE. Still another form of training must be discussed—manual training in domestic science. It was not thought that training in the use of fabrics fully met the demand of the public for such education for their daughters as would keep them in touch with home life, so work with food materials was introduced into the schools. This work was taught first as practical cooking and its utilitarian value only was considered. This, however, was not in accord with one of the maxims of the advocates of manual training that "what is accomplished is not of so much importance as why it was acmuch importance as why it was ac-complished and how." The efforts to find why the results with foods were accomplished, and how led directly into the realm of science. In order to understand the "why" of the various processes of cookery, the composition of the foods themselves must be known of the foods themselves must be known as well as the laws that govern their changes, and only chemistry can give the desired knowledge. Cookery therefore must be recognized to be applied science, accompanied with manual dexterity and technical skill. This fact must be kept prominent in giving instruction in cookery that the utility value be not too strongly emphasized. That its practical value is of great importance is universally acknowledged, but that its educational value is greater is not so well understood. Few kinds of work give such opportunity for the immediate practical application of the theories and principles learned as does cookery. Few kinds of work require such congentrated attention, such conscientious care in details, such accuracy, neatness, self-reliance, such forethought and planning, and such quick

training element is advocated as an integral part of public education."

How few forms of training can be given that will so readily develop power over circumstances and condiitions" as training in cookery. It has all the advantages of hand and brain work that any manual training has with the added value of scientific train-

FORMATION OF CHARACTER.

This science training is of inestimable alue to the young girl as an aid in the formation of character. She lives too argely in the realm of the emotions, of prejudice and sentiment; is too ready to jump at conclusions instead of carefully weighing evidences.

Women as a class do not sufficiently respect the laws of science; they are too much bound by habit and tradition.

If woman had properly recognized the value of science applied in the home would the productive arts of weaving, dyeing, basketry and ceramics, that dycing, baskery and ceramics, that generations ago were her birthright, have passed out of her hands? She has little left now but some of the minor processes of housekeeping. Has she not indeed "sold her birthright for a ess of pottage?"
Woman still does the most of the

work of preparing the food for the world, but if she is not willing to be-lieve in the principles of science and apply them to her cooking and thus remove it from the realm of luck, chance, and guess work, it too must pass out of her hands.

There are many advantages that the

There are many advantages that the girl desires from her manual training in domestic science that are not strictly utilitarian or educational, yet are of the greatest importance. May we not term them of socialogical value?

To keep the young girl in sympathy with the details of the daily life of the family is one of the headily life of the family is one of the headily so derives family is one of the benefits she derives from her training in domestic science. As the girl enters womanhood she desires to break away from the restraints

sires to break away from the restraints of home life, and is apt to think its daily affairs petty and sordid, and its duties drudgery.

If as she enters high school she is given a course in domestic science that is largely manual training will it not serve to bind her to the home and give her new respect for its duties?

THE KITCHEN LABORATORY.

She will be taught the history and development of foods, their preparation for the market, and their composition and uses in the body. Then in a large, pleasant kitchen laboratory the girl will prepare with her own hands some dish from the food classes she has studied. She will be taught to measure dish from the food classes she has studied. She will be taught to measure with exactness. She will be taught correct proportions and principles and she will know that they are correct for she will see them work out satisfactorily. She will be taught the reason for every process, step by step; she will be taught extreme neatness, daintiness, and definess in handling her materials. She will see the principles of physics applied in the management of the range.

After such lessons and practise will it be possible for her to feel that cookery is drudgery?
"Drudgery does not exist for those

"Drudgery does not exist for those who know the reason why."

Later in the course the girl will be given more advanced work in the chemistry of foods and the laboratory will be less of manual training.

When the young woman's school days are over and she returns to aid her mother in the duties of the home, or becomes mistress of a new home. mother in the duties of the home, or becomes mistress of a new home, will she not feel that her school lessons have led her directly to her life's work? Will she not take to heart the injunction of the good book and "Look well to the ways of her houehold?" A woman thus trained can never be satisfied to turn her home over to the care of incompetent help. She will so direct and instruct those in her employ, will enthuse and inspire them with her own belief that it requires brains and skill to properly perform the work of

WINS HER HEART.

Food That Helps Baby and the Family Pleases Mother.

Show a mother how to feed her baby so that it will be healthy, rosy and plump and grow up strong and sturdy and the mother's gratitude is everlast-

A mother says: "Five weeks ago I weaned baby but could not get her to take any kind of food until I tried Grape-Nuts which she relished from the first and on it she has plumped up and blossomed into a fat, chubby little feed Grape-Nuts to her regularly

and use three packages a week for baby and my three-year-old boy alone, and I find that it regulars their bowels and keeps them nourished, strong and in good health all the time.

in good health all the time.

"Since feeding my children on GrapeNuts I have used absolutely no medicine for either of them. Such food as
this that does such wonders wins its
way to a mother's heart. Please accept
our thanks for the good your food has
done in our family where we all eat
it." Name given by Postum Co., Battle Creek, Mich.

Children will grow up strong and

the Creek, Mich.

Children will grow up strong and healthy or weak and puny according to the food given. Grape-Nuts is a complete and perfect food made on scientific lines and this is easily proved by Look in each packere for a copy of the famous little bood, "The Road to Wellville."

a kitchen, that they will not long re-main incompetent. Manual training in domestic science for the mistress may not solve the domestic service problem but it will go a long way towards its solution. When scientific training has done for cookery what it has done for caring for the sick—raised it to the dig-nity of a profession worthy of the best women—there will be no domestic serwomen-there vice problem.

WHAT TRAINING DOES.

Training in domestic science given in the public schools when the young girl is forming her ideals of society, will aid in breaking down artificial class distinctions and enable her to form a truer estimate of her own abilities. She will

tinctions and enable her to form a truer estimate of her own abilities. She will learn to work with others and when she reaches womanhood will be able to work harmoniously with other women for the uplifting of humanity.

Many of the benefits described as coming from training in domestic science would not be possible if the manual training was eliminated and it was taught by theory alone or theory aided by a few laboratory experiments. Such a course would greatly benefit the experienced housekeeper but to the young girl it seems so far removed from the practical everyday work of cookery that she feels little sympathy for those who must do such work. Neither does she feel any desire to apply her theories in the home or apply her experiments in practical dinner getting. The laboratory is a thing apart from the home kitchen. Where a manual training course is given, directed by instructors who are educated in science and skilled in technique, the girls enthusiasm is aroused and she is eager to repeat at home the lessons learned in the school kitchen. Thus all the advantages the young girl desires from the course are increased, and the standard of home and community living correspondingly raised.

Schools giving the instruction herein

dard of home and community living correspondingly raised.
Schools giving the instruction herein described have now been established long enough to enable the public to judge of its value and for the educators to reach some conclusions as to the best time for its introduction into the school curriculum. the school curriculum.

MANY PLANS.

Many different plans have been tried almost as many as there are schools giving the work, and some few accept-

ed as satisfactory.

It seems to be generally agreed that work in domestic art can be given with work in domestic art can be given with satisfactory results to girls in lower grades than work in domestic science can be given. The use of the needle so naturally follows plaiting, braiding basketry, and weaving given to the younger pupils. The coarse stitches are given first so that there will be no danger of overtaxing the eyes. These stitches are usually applied to some article of real use so as to satisfy the child's creative instinct and natural desire to be useful. The finer stiches follow and the use of the sewing machine and some making of simple garments come in with the work of the seventh and eighth grades. Costume seventh and eighth grades. Costume making, art needlework, and millinery follow in the high school course. A regularly trained instructor goes from one school to another and gives the lessons, or the pupils go on stated days to a central sewing room for instruction; it being rarely given by the grade

Some educators think it best to commence the course in domestic science with the simple work in foods for the eighth grade pupils, with more advanced work to follow in the high schools. Others believe that instruction in cookery to be of the highest educational value must be taught as applied science, it should not be commenced until the mind. til the mind is more matured, and until some work in chemistry has been taken. In either case, owing to the more expensive equipment being required for

expensive equipment being required for the work in domestic science, the pupils go to a central school kitchen, where the instruction is given by a teacher especially trained for the work.

As to the belief of the public in the value of these schools: in those cities where they have been well stablished with good equipment and thoroughly qualified instructors the work has never been abandoned for lack of interested pupils, or for lack of financial sup-

Wherever the results of such instruction to the community as a whole are observed, the higher ideals of woman-hood, and the elevated standard of living noted, the conclusion can only be that manual training in domestic science and art is rightly entitled to a prominent and permanent place in the public school system of America.

DO YOU BELIEVE IN SIGNS

A mark, note, token or symptom, indicates that by which anything may be known, that is, we are forewarned if evil is to befall us, or we have the pleasure of anticipation if the signs betoken a fortunate occurrence. Accidental occurrences all have their signs, every disease has its symptoms. The points is to heed the former, and counteract the effect of the latter. Spells of sick headache following indigestion and stomach disorders, belching, biliousnes and dyspepsia are signs of and stomach disorders, belching, billousnes and dyspepsia are signs of sickness. People that belive in these signs and know that they are true from experience, can get immediate relief and a speedy cure by the use of Dr. Gunn's Improved Liver Pills. Sold by druggists for 25c. per box. Only one for a dose, For sale by Z. C. M. I. Drug Department. Department.

BOOK BINDING And printing specially attended to at the Deseret News Office Estimates, propmtly furnished. Rush orders a specialty.

HOME

"INSURE TODAY.

TOMORROW

TOO LATE."

MAY BE

All CRAVENETTE COATS at 20 Per Cent. Discount. They are made in the very latest styles and in plain shades, light and dark grey and tan.

\$25.00 quality, now \$20.00 quality, now \$17.50 quality, now

This Sale will continue until Saturday Evening

KEITH-O'BRIEN CO

強いいいいいいいいいいいいいいいいいいいいいい

Nasal CATARRH Ely's Cream Balm (HAY-FEVER ) cleanses, soothes and heals

It cures catarrh and drives away a cold in the head Cream Balm is placed into the nostrils, spreads

over the membrane and is absorbed. Relief is immediate and a cure follows. It is not drying-does not produce succeing. Large Size, 50 cents at Druggists or by mail; Trial Size, 10 cents. ELY BROTHERS, 56 Warren Street, New York

### We Make a Point

in buying our grain and hay to insist that we get the best. You will find the stuff of this class which comes from here the best to be found in the market and priced with the lowest,

> BAMBERGER, The Man on Meighn St.

Funny, wasn't it, to see the handsome little

## **Orient Buckboard Automobile**

running away ahead of the big ones at the race on the State Fair Grounds Oct. 6. Come and examine the Cheapest Automobile in the World; notice, also, our splendid assortment of

SUIT CASES.

Meredith's Trunk Factory, 155-157 Main Street.



DON'T

CARRY

YOUR

OWN

OF UTAH

# **CARDNER DAILY STORE NEWS.**



It matters not what kind of an overcoat you

If it is fashionable for this season, it's here. If the price you wish to pay is anywhere from \$6,50 to \$50.00, you'll have no trouble finding the one you want in this great showing.

For we have big varieties at more than a dozen places between those two prices.

The time for heavy weights will soon be here.

And the wise man will be the one who is all prepared. Get your overcoat now, or pick one out and we'll lay it away, then it will be ready for you when you want it. 

ONE J. P.GARDNER

When You Need a Carpenter, Call Up 345. We have the Muscle and Material always Ready to Send Out.

# SALT LAKE BUILDING & MANUFACTURING CO..

(Established 20 Years)

32 to 40 N. Second West Street. - - - Salt Lake City.

# DR. J. B. KEYSOR.



240 South Main Street, Over Davis Shoe Store.

Best come to us for examination and some advice; there is no charge for

Teeth extracted ....\$ .25 Good set of teth ..., 5.00 tooth.. .. .. .. .. 5.00

ver filling .. .. ..... 1.00 Gold fillings \$1.00 and up. Teeth cleaned .... 1.00 Solid gold crowns 22k.. .. .. .. .. .. 5.00 Bridge work per

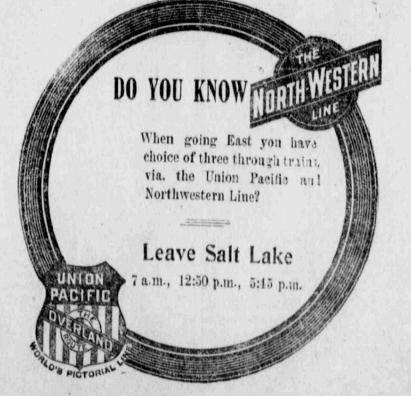
It will pay you



to send for our Catalogue No. 6, quoting prices on Buggies, Harness, etc. We sell direct from our Factory to Consumers at Factory Prices. This guaranteed Buggy only \$33.50; Cash or Easy Monthly Payments. We trust honest people located in all parts of the world.
Write for Free Catalogue.

DEP'T 1078.

MENTION THIS PAPER. East St. Louis, 111,



# Bigelow Lowell Body Brussels

"KEEP MONEY AT HOME"

By insuring with the

FIRE

HEBER J. GRANT & CO..

General Agents.

This brand of Body Brussels is superior to any manufactured, in design coloring and quality. The name "Bigelow Lowell" is woven in the back of the goods at the repeat of each figure, for the protection of the purchaser, These carpets are sold by all first-class dealers.

MANUFACTURED BY BIGELOW CARPET COMPANY,

Ask your dealer for Bigelow Lowell Body Brussels.